



Swədəbš Kiyuuq^ws

SWINOMISH INDIAN TRIBAL COMMUNITY

KEE YOKS

SINCE 1966

Volume 45 Issue 6

JUNE 2011

pəd stə g^wad

salmonberry
time



BLESSING
OF THE
FLEET 2011



Kiyuuqʷs

The Seagull



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The Kiyuuqʷs
 deadline to submit to the
 JULY 2011 issue is
JUNE15TH

The Kiyuuqʷs

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 by Caroline J. Edwards

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This issue of the Kiyuuqʷs is
 available on the Swinomish website.
<http://www.swinomish-nsn.gov/>

The on-line version of Kee yoks
 is in full color.

Because we are now on the internet, when submitting information or photos, please be aware that everything published in Kee yoks will also be on the internet and available to the world. Please consider carefully whether anything you are submitting might have information or images that may not be appropriate for the internet. By submitting information or photographs to Kee yoks for publication, we consider that you are agreeing we can publish the information or photo in both the paper version of the Kee yoks and on the Swinomish Indian Tribal Community website.



"KEE YOKS Newspaper"

Kiyuuqʷs Mission

The mission of the kiyuuqʷs newspaper is to provide monthly communication to swədəbš, the Swinomish Indian Tribal Community, near and far.

We are committed to serving as an apolitical forum for SITC governing officials and all community members. The newspaper is not intended to reflect the official position of the governing body of the Swinomish Indian Tribal Community, but rather reflects the ideas, events, and thoughts of individual community members and tribal staff. As such, the Swinomish Tribe makes no claim as to the accuracy or content of any of the articles contained therein.

CHAIRMAN'S MESSAGE**By Brian Cladoosby**

Our Blessing of the Fleet was a very special day for us to thank the Creator for sharing our most precious resources with us. Each year, we ask for a special blessing to protect those who harvest our resources from the Salish Sea.

I am especially thankful for my fellow brothers and sisters who take care of me on the waters. We share a special relationship as fishermen and women, as we have always remembered to offer up an extra prayer of safety for one another.

Swinomish will forever remember and honor our Fishing Warriors who have invested their lives to ensure that following generations will be able to harvest our resources. We thank our long time sister, Lorraine Loomis, for her 30 plus years of commitment to the community. We remember and honor our friend, Lisa Turpin, who took care our fishermen and women for many years.

It takes a team to put on the Blessing of the Fleet, and we thank the Swinomish staff for their years of commitment to ensure we have a wonderful day to honor our way of life.





Swinomish Water Resources Program

Native Plant of the Month - Violet Family



Canada violet
(*Viola Canadensis*)



Early blue violet
(*Viola Adunca*)



Yellow wood violet
(*Viola Glabella*)



Alaska violet
(*Viola Langsdorfii*)



Marsh violet
(*Viola Palustris*)

Background

Violets may be tiny plants, but they carry big medicine. As you wander through the forest, you can snack on their delicious leaves and flowers. Just one small handful of violet leaves provides more Vitamin C than a whole orange! There are at least 30 different species of violet in the Northwest but they all share common characteristics. Violets are small, low growing herbs. The young leaves are curled toward the center and unfold in to a heart or kidney shape. Flowers have five petals arranged with two upper, two middle and one lower petal, which is often larger. Violet flowers can be purple, pink, white or yellow. In the Northwest violets tend to grow in moist, shady forests. Some are very

Traditional Uses

Violet helps to ease inflammation, sooth irritated tissue (including sore throats and coughs) and alleviates pain. Some people find that it is helpful for headaches, inflamed eyes and other conditions where there is heat and inflammation. The leaves of violet are high in mucilage, which helps to sooth irritated tissue. They also contain salicylic acid, which helps topically with pain associated with swelling. Violet leaves and flowers have been used historically for the treatment of cancer and swollen glands. The tea or syrup is used internally to help dissolve tumors and relieve congested tissue. Violets are an old remedy for bruises. For chronic skin complaints including eczema, try using violet both internally as a tea and externally as a poultice or compress on a daily basis for a couple of

Violet Tea

Gather violet in the spring to summer. The leaves and the flowers are nutritious and medicinal. Eat fresh or dry in baskets or paper bags. Use a tablespoon of dried leaf and flower per cup of hot water. Infuse for ten minutes to several hours and drink two to three cups a day. The wilted leaves and flowers can also be made into a healing oil or a honey.



**Lushootseed word for violet -
qaqalqalə^{ws}ac**



Practice coloring the native plant of the month!
Use the photos above to help you!!

CANOE JOURNEY JULY 2011

VOLUNTEERS STILL NEEDED!!

from both Swinomish and wider communities!

Help needed in every area:

Food & Meals, Protect Mother Earth (recycling, composting, waste reduction), Public Works, Medical, Safety & Security, Transportation Team, checking in volunteers.



**WE
NEED YOUR
HELP!!**

Volunteer forms, vendor information, schedules and useful information about the Paddle to Swinomish can be found on the website.

<http://paddletoswinomish.com>

Forms and information can also be picked up in the main office of the Social Services building from Colleen Williams or Mary Cayou.

**Community Dinner, Dance and Drum Practice
Monday through Wednesday 6:30 PM**



drum practice and making regalia

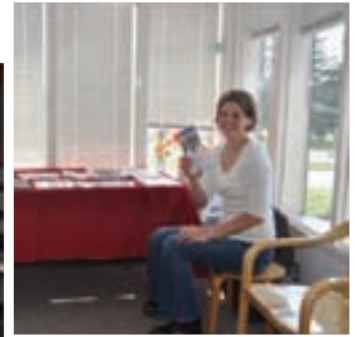
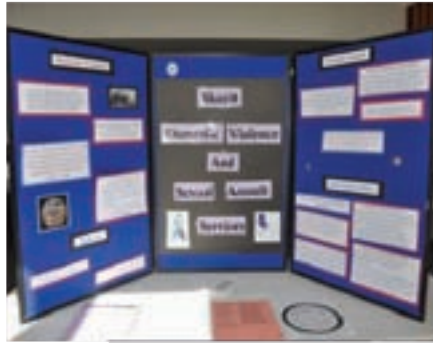


Photos by Robin Carneen

SWINOMISH HEALTH: WOMEN’S HEALTH DAY AT THE CLINIC



Traveling mammogram truck!



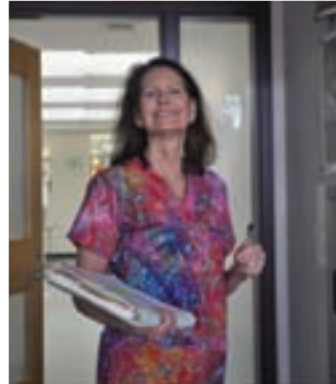
Dawn Lee, Wellness



Edwin Melendez,
Smoking Cessation info



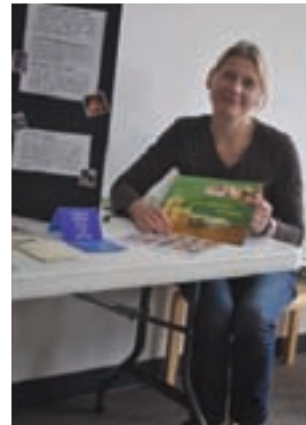
PA Sarah Wilborn gives out roses
and chocolate covered strawberries



Ko Oldrow welcomes you!



Cassandra & Laura give out
goodies



Nutrition and diet info from
Michelle Skidmore!



Tanisha Gobert (Planning)
gets a great breakfast



Brad Clure, Salmon Cook

If you are a woman and you missed this year's health fair, you will want to make it a point to be there next year! It was a great success and a lot of fun!



Anna, April & Christina offer info on the new DV Shelter

BEHAVIORAL HEALTH

Teens Texting while Driving

Many drivers, especially teens, feel that they are mentally and physically capable of multitasking in the form of driving and texting.

However, according to psychiatrist Edwards Hallowell, "Multitasking is a myth. We may feel that we're doing two or more things at once, but it's an illusion."

He states that our brains are actually switching back and forth from one task to the other because our cerebral cortex can only do one thing at a time.

This is especially dangerous when applied to texting while driving, because the brain is ignoring the task of driving as it shifts attention back and forth in rapid succession.

Each time the brain switches focus, there is a lag time needed for refocusing on the task. The combination of looking down at the phone, the distance covered, the speed of the car, the inexperience of the driver, and the general distractibility of youths can be deadly.

Twenty-seven states have anti-texting-while-driving laws. There are those who question the effectiveness of these laws, because texting related crashes have actually increased in these states, as drivers try to hide the fact that they are texting while driving.



Shirley Swanson
Counselor

So, how can we prevent these crashes and keep our kids safe? Parents, it is up to you to set the rules and enforce consequences. Set the example by never talking or texting while driving.

David Strayer, a professor of psychology, found that a motorist talking on the phone is every bit as impaired as someone who's legally drunk.

Ban cell phone texting and calling in the car completely. Take phones away from your kids if they don't follow the rules. Check cell phones to see if your kids are texting while driving. Have your kids read the stories of the many lives lost or changed forever because of crashes caused by texting while driving.

Our youths look to us as parents and grandparents to lead by example. It is our responsibility to help kids understand the danger and develop healthy behaviors to protect themselves and others.



LC SOCCER CAMP

FOR BOYS & GIRLS IN GRADES K-8

Presented by La Conner High School Girl's Soccer All-Stars & Coach Amy Freeto

June 6, 7, & 8

2:45-4:00 p.m.

La Conner High School 'Futbol' Fields

\$25.00

Second child from the same family \$15

CELEBRATING VETERAN'S DAY AT SWINOMISH



Native American veterans from various tribes, mostly from the NW were honored at a standing room only Memorial Day ceremony held in the Swinomish Cemetery. Many who attended, young and old, were moved by the

heart felt speeches, flute, drum songs, and a traditional rifle salute. After the ceremony, the Swinomish Casino treated Veterans and their family members to a free buffet at the Two Salmon Cafe.

(caption by Robin Carneen)



Army Veteran Jeremy Lockrem and his wife Nicole Lockrem at the Veteran's Memorial Celebration. *photos by Robin Carneen*



The Lockrems and their family at Swinomish Casino Two Salmon Café enjoying the complimentary buffet for veterans and their families on Memorial Day.

Pictured: Dennis Dan, Noreen Dan, Katrina Dukepoo, Jairo Castro, Mikyio Castro, Jasmine Harris, Jeremy Lockrem, Nicole Lockrem, Blaine Navasie, Tori Lockrem and Sunni Lockrem



“It is the Soldier, not the reporter,
Who has given us Freedom of the Press.
It is the Soldier, not the poet,
Who has given us Freedom of Speech.
It is the Soldier, not the campus organizer,
Who has given us the Freedom to demonstrate.
It is the Soldier, not the lawyer,
Who has given us the right to a fair trial;
And it is the Soldier - who salutes the flag,
Who serves the flag, and
Whose coffin is draped by the flag -
Who allows the protester to burn the flag.”



Swinomish Tribal Senator Brian Wilbur read these prepared words from Charles M. Province, an Army Veteran, author and founder/president of the George S. Patton, Jr. Historical Society.

IN THE SERVICE- TYLER DRESSLER



Tyler Dressler has enlisted in the U.S. Army. He is the son of Swinomish tribal member Robin Carneen and grandson of Connie Allen, Swinomish. Tyler will be stationed in Ft. Knox, Kentucky until June 23rd. Cards and letters can be mailed to:

PFC Dressler
B Trp 2 - 398 CAV
3576 Wilson Road
Ft. Knox, KY 40121-5728
1st PLT Hell Hounds

After June 23, PFC Dressler will be home for 10 days before leaving for his assignment in Colorado. If any community youth are interested in finding out more about the Armed Services, Tyler would love to share his experience with them.

Fallen Marine Honored with military, tribal ceremony

The Associated Press (via Skagit Valley Herald, May 2011)

WHITE SWAN - Lance Cpl. Joe Jackson was honored Wednesday [May 4] as a military hero and as a Native American son.

After taps and a Marine Corps rifle salute, the honor guard removed the four American flags from atop his silver casket, folded them and presented them to family members. The flags were replaced with a brightly colored Native American blanket.

A simple bell was rung and the casket was lowered into the ground.

Yakama tribal members who were military veterans were asked to come forward to toss handfuls of dirt into the grave. Eventually, all members of Jackson's family and other tribal members were called up to participate in the ceremony.

Native American songs were sung as Jackson's casket was guarded by a Marine honor guard, as well as flag holders from tribal veteran groups and representatives of the Patriot Guard Riders and other motorcycle clubs.

About a thousand people - many in Native American ceremonial clothing - attended the funeral under a nearly cloudless blue sky.

BULLETIN BOARD



**Swinomish
Chevron**
now open 24 hours
7 days a week!

Food Voucher dates:**Class July 12th & 19th****Voucher's July 13th & 20th****La Conner Youth Football
Camp!!!****When:**

July 7Th 5:30pm to 8:00pm

July 8Th 5:30pm to 8:00pm

July 9Th 9:00am to 12:00pm

Where:La Conner High School Football
Field**Cost: \$25 (includes camp shirt
and shorts)**

If your child would like to at-
tend this camp, please RSVP
via email by Friday, June 10Th
and payment is due the day of
camp..please include your
child's T-shirt and short size.

Thank You, Danielle

any questions feel free to call
me 360-391-5707..if you RSVP
you will attend and don't show
you will still be charged the
\$25

**1st Annual Robin Jones
Memorial Tournament**

July 9th & 10th, 2011

Co-ed Softball

Ferndale, WA

Conoco Phillips Fields

Entry Fee \$250.00



1st Place

Jackets

2nd Place

Hooded Sweatshirts

3rd Place

Crew Seatshirts

4th Place

T-shirts

All-Stars, Best Glove, Best Pitcher, MVP

2 Tokens per team - 1 male & 1 female

Call or Text: Rachel Entz (360)305-9216
or Mia Owings (360) 92002501

Hosted by the Jones Family**Greetings to all our friends,**

On behalf of St. Paul's Parish at Swinomish we wish to invite all of
you to join us on **Sunday June 12, 2011** for our Pentecost
Mass. Our honored guest is **Archbishop Alexander Brunett** who
will preside over our Mass.

St. Paul's is the only parish that has a Coast Salish Native American
Mass (much of it spoken in Lushootseed - the language of the Coast
Salish people.)

Last year at our Pentecost Mass, we had the Prayers of the Faith
offered in about 12 different languages (4 Native languages). We
invite and encourage all who attend to dress in their unique cul-
tural, ethnic or tribal regalia / attire. It is a time of sharing and
celebrating our uniqueness and the beauty of all our cultures.

We hope to see you Sunday. St. Paul Parish is located on the
Swinomish Indian Reservation up in La Conner WA; it is about an
hour and a half drive north. Our
Mass begins at 10:00 am, and we
will have a 'feast' following Mass.

Please join us if you are able.

If you have any questions,
please feel free to e-mail me
kia53@aol.com or call me
(206) 323-6645.



NATASHA YAKANAK

Soroptimist International of La Conner honors Natasha Yakanak, a senior at La Conner High School, for her ongoing community service. Natasha has been a kitchen volunteer during events on the reservation since she was 12 years old. Her plans for the future include creating a club on the reservation to educate children at an early age to stay away from drugs and alcohol. Natasha says the club will have many activities to help children grow in a healthy environment, including sports activities such as soft ball and kick ball. She used her per diem money from her tribe to purchase a 36' canoe and will be pulling in the "Journey To Swinomish" this summer. She will be sharing this experience with her baby son, William, as well as friends and family members. Although It has not been easy being a mom in her senior year, Natasha's determination has made it possible for her to graduate and continue on to NWIC. Natasha has two Indian names - Ya-Soh-Litza and Swaltce (backwards) litca. She hopes to be a positive influence on youth and has learned that , "To live a better life, you must have respect for yourself and others. Gossip

is destructive and leads to hurt of those they talk against, as well as themselves."

Article courtesy of Marilyn Olson,
Soroptimist International of La Conner

Tasha is pictured here with her own canoe, *Swaltcelitca upside e*



Tasha's 18 man canoe on the water after being blessed by family, friends and elders



Elijah, Hunter, Raven and friend playing on the beach.



FROM THE ARCHIVES

Racing to the Finish: Paddlers who Pulled for Swinomish & their Historic Canoes

Theresa Trebon, Tribal Archivist

In 2009, tribal elder Neah Martin related her experience “pulling canoe” during annual summer races and expressed the importance of documenting— and preserving—the names of people who raced canoes for Swinomish “a long time ago.” It was her hope that this could be done in time for the 2011 “Paddle to Swinomish.” So this is an invitation for tribal members to share the names of their relatives who pulled canoe, and to also contribute their knowledge of the actual canoes for the historic record.



The *Telegraph* racing in Guemes Channel, c. 1908

Pullers, bow to stern: Charlie Edwards, Edward Hillaire, David John, Bill Dan, Alex Edge, Tim Bob, William Peter, Big Joe, Leo Edwards, Joseph Cassimer, George Cagey

Swinomish Tribal Archive

Between the period of everyday canoe use at Swinomish, when family and canoes were common sites on the reservation's beaches, and the start of Canoe Journey in 1989, many men—and women—raced canoes each summer, an essential cultural tie to how tribal members historically traveled in canoes. The earliest record of these races is 1884 but, unfortunately, the names of pullers were rarely if ever recorded prior to the 1930s. By combing early newspaper accounts of the annual summer races a preliminary list has been started of the names of Swinomish canoes, and their pullers, and the date they were first mentioned in the newspaper.

Please remember: this is only a start. Newspapers are an imperfect source of information and the Tribal Archive has only been able to access certain years of old newspapers from local museums and libraries: it is an ongoing project. The **best source** of information is the memories of those who pulled canoe, or know a relative who did. If you would like to contribute names of anyone who raced in canoes, or participated in Canoe Journey from 1989 on, please call or email the Tribal Archive, or stop by! And, if you have any old photos of canoe races or Canoe Journey, we would *greatly appreciate* your sharing them with the Archive. Photos will be scanned and returned promptly. The priceless photo you see here was recently donated by Mary Ann Edwards, the earliest documented photo of the *Telegraph* in a race we've yet found. Thank you for helping preserve this important part of Tribal history.

Swinomish Tribal Archive: 360-466-7351. ttrebon@swinomish.nsn.us

Canoe Pullers-Swinomish

Name	Date [first mentioned in newspaper]
Bailey, Buck	1969
Bill, Dennis [Jr.]	1969
Bill, Lanny	1969
Bill, Larry	1969
Bob, Jessie	1931
Bob, Little	1905
Bob, Timothy	1910
Bob, Tommy	1930
Bobb, LeRoy	1970
Cagey, George	1905
Cagey, Raymond	1930
Cayou, Donny	1970
Cayou, Richard	1969
Cassimere, Joseph	1910
Charles, Alfonso	1931
Charles, Jimmie	1931
Cladoosby, Ernest	1915
Cladoosby, Henry	1930
Damien, Donald	1930
Damien, John	1910
Damien, Walter	1938
Dan, Dean	1970
Dan, Morris	1939
Dan, Willie	1910
Edge, James	1930
Edge, Alexis	1931
Edge, Ken	1970
Edge, Peter	1969
Edge, Spike	1931
Edge, Theodore	1930
Edwards, Alfred	1915
Edwards, Allison	1970
Edwards, Charles	1905
Edwards, Dick	1910
Edwards, Greg	1970
Edwards, Lawrence	1938
Edwards, Leo	1910
Edwards, Reggie	1969
Edwards Tim	1970
Edwards Tommy Bob	1930
George, Jay	1970
Hall, Bob	1970
Hillaire, Edmond	1938
Hillaire, Edward	1938
Irvine, Albert	1931
James, Wilbert	1930
Jefferson, Dave	1969
Joe, Andrew	1910
Joe, Bob	1969
Joe, Edward	1910
Joe, Joseph	1930
Joseph, Peter	1970

Women Pullers

Name	Date
Bill, Breanna	
Bill, Talia	1999
Bill, Vanessa	
Boome, Vicky	1970
Bowen, Gina	1970
Cayou, Ina	1970
Cayou, Sophie	1970
Edwards, Alice	1970
Edwards, Mary Ann	1970
George, Christina Scott	1930s
James, Bernie	1970
Martin, Merla	1970s
Martin, Neah	1950s
Waynick, Lorraine	1970
Wilbur, Joan	1970

For additions to list, or corrections,
please contact Tribal Archive: 466-
7351
ttrebon@swinomish.nsn.us

Canoes

Canoe	First Mentioned	Current location
Chee	1932	
Flying Cloud	1939	Coupeville
Hammerhead	1952	
L. A. C. [La Conner Athletic Club]	1933	
Lone Eagle	1933	Coupeville
Man O' War	1970	
Native Tradition	1989	La Conner
No. 5	1957	La Conner
North Wind	1989	La Conner
Question Mark	1930	Philadelphia [?]
Question Mark II	1936	Sannich [?]
Rolling Thunder	1931	
Salmon Arrow	1930	
Shelter Bay	1970	
St. Anne	1956	
Susie Q	1939	
Telegraph	1905	Coupeville
Warhawk	1972	

SWINOMISH POLICE DEPARTMENT



Officer Joe Bailey

Cleaning Up the Streets

It's spring time, and we are counting down the days until the Canoe Journey is here.

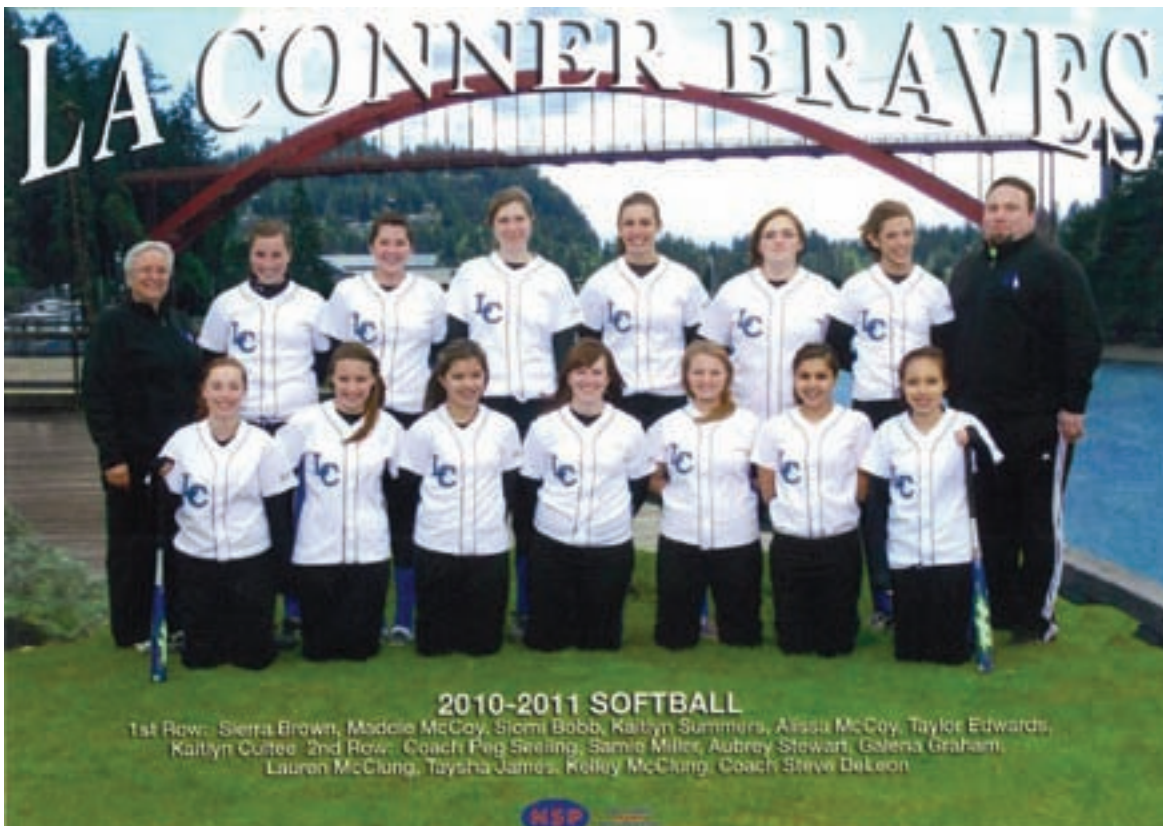
We at the Swinomish Police Department have been working on getting our streets cleared of junk vehicles.

If anyone wants help getting rid of any old cars or trucks, and you have the titles, we can connect you with a scrap hauler who may pay you for your old vehicle.



If you do not have the title or paperwork, we can help you with a junk vehicle form or a release that would be paid to the towing company.

I hope we can help you get rid of any and all unwanted vehicles for a cleaner and safer community.



The La Conner High School Softball team would like to say "Thank You: to all of the people that bought coffee for their fundraiser!" The parents congratulate the La Conner High School Boys & Girls for a job well done at the State Tournament in Yakima, May 27 and 28th, 2011. BRAVO!!

FROM THE EDITORS

Summer begins this month, and the Paddle to Swinomish is just around the corner. We had a cold, wet spring, and we're all ready for some sun and summer weather! May was almost as busy as April: Mother's Day, Blessing of the Fleet, new Chevron construction, Memorial Day celebrations and tournament, and of course, an increase in preparation for the Canoe Journey as it draws closer.

Congratulations to all our graduates, from child care to graduate school. The July issue will feature graduation pictures. If you have a Swinomish relative who has graduated from a school other than La Conner or Northwest Indian College @ Swinomish, please send us a photo and we will include it in the July issue.

The August Kee yoks will focus on each department's perspective of Canoe Journey 2011. For your August submission, please tell about how your department was involved. Information not related to the Canoe Journey will be limited in the August issue, which will be published the first week of August.

The deadline will be extended from July 15 up to the last day of the month. Please send as soon as possible, as it will all be put together August 1st through 5th. There will be no shortage of photos, but if you have a favorite to go with your article, we will do our best to fit it in.

Thanks for your cooperation and help in getting that issue out during a very busy time! We look forward to seeing you there!
~Ann & Caroline



Ann Smock
Editor



Caroline Edwards
Assistant Editor



Amber Tisdale

KEE YOKS Summer Intern

Please welcome Amber Tisdale who will begin her summer internship in the Kee yoks office June 13th. She is a senior at Western Washington University studying communication and journalism. Broadcasting is one of her main career goals. She is excited to intern at Swinomish and learn more about the community. She brings cutting-edge expertise and knowledge to the Kee yoks News Department.

Amber is not a stranger to Swinomish. Her mom, Ermelinda Tisdale, worked for the Swinomish Medical Clinic in 2009, and her sister, Tara (Tisdale) Satushek, currently works for the Planning Department. Amber worked at the Silver Reef Casino last summer and is currently working at the Nooksack Casino.

She will be a wonderful addition to the Kee yoks staff during the Paddle to Swinomish!

Quotes for the Month

"Parents forgive their children least readily for the faults they themselves instilled in them."
Marie von Ebner-Eschenbach an Austrian novelist (1830-1916)

"Man does not weave this web of life. He is merely a strand of it. Whatever he does to the web, he does to himself."
Chief Seattle (1780-1866)

Lushootseed Language Lessons starting now!

General Lushootseed language lessons now taking place:

Tuesdays at 2:00 p.m. and Thursdays at noon in the Social Services Building in Carmen Pastores-Joe's office on the second floor.

Lessons for the "Canoe Journey speakers" will be on Mondays and Wednesdays from 5-5:30 in the same office.

Travel by water (canoe)
Travel in order to get clams

?uluA Pronounced ooo loo -th
?aHu?iluA Pronounced ah ho eee looth
(rhymes with youth)



Carmen Pastores Joe
Language Instructor

Gaalapu si?i?ab d?iiSed
gwah-ah-lah-poo see-ee-ahb dee-ee-shud
My dear, honorable people

TiGitubuAed VeA
Tee-gwee-too-boothl-ud chuthl
We give thanks to all of you

day ha?A sesEu? VeA
die-oh hathl sus-Qwoh chuthl
It is so good that we can gather together

?uTiGitubuAed VeA sdi?alab
oo- Tee-gwee-too-boothl-ud chuthl sdee-ah-lahb
We give thanks that you are here with us

?uAi, ?uAi si?i?ab ?ulaXataGel VeA
oh-thlee oh-thlee see-ee-ahb oo-kwah-wha-togwul chuthl
We are grateful for your presence;
We help strengthen each other in this way

With all our thanks to taqSeblu

Pronunciation

?		Shortens the sounds like in uh-uh
G	gw	Like in Gwendolin
S	sh	Like in shoe
T	Hard t	Like a t but popped
A	thl	Lisp like Sylvester the cat, blowing out sides of your tongue
V	ch	Like in church
E		Qu but said at the back of your throat like you are swallowing the sound
X		A soft throat clearing sound
x		like wh but as a soft blowing out sound



Photo by Robin Carneen

Make Your Own Juice Popsicles

What juices to put in the mold? My favorite is lemonade <http://www.elise.com/recipes/archives/000479perfect_lemonade.php> . If you use ready made juice or lemonade, you might want to boil it down first, reducing the juice by about a half, and add a little corn syrup. If you are using frozen concentrated juice, add half as much water as you would normally. The biggest problem with homemade juice popsicles is that they turn out too icy. A higher sugar to water ratio will help reduce the iciness, as will a little bit of corn syrup.

Ingredients

- * 3/4 to 1 cup granulated sugar (depending on how sweet you want them, and if you are using Meyer lemons, use less sugar)
- * 1 cup water
- * 1 Tbsp light corn syrup
- * Zest of 2 lemons
- * 1 cup of lemon juice (about 4 large lemons)

popsicle-2.jpg<<http://www.elise.com/recipes/photos/popsicle-2.jpg>>

Method

1 Heat 1 cup of water and 3/4 to 1 cup of granulated sugar in a small saucepan until the sugar has completely dissolved. Add the zest of 2 lemons and 1 Tbsp of light corn syrup into the sugar water (also called simple syrup). Bring to a simmer, then remove from heat and let cool.

2 Juice enough lemons (about 4) to produce 1 cup of lemon juice. Strain out any pulp. Add the simple syrup to the lemon juice, straining out the lemon zest as you pour the syrup into the juice.

3 Pour the lemon mixture into the popsicle molds. Put into a freezer for at least 4 hours to freeze. To unmold, run under hot water for a few seconds.



**NORTHWEST
INDIAN COLLEGE
@ SWINOMISH**

Graduation ceremonies

will be held on the Lummi Campus on June 17th
Wex'liem Lummi Community Building
located in Bellingham at 2100 Lummi View Dr.,
5:00 PM to 9:00 PM

Having completed their courses of study here at Swinomish, Jennifer Peters, Joe McCoy, Cheryl Rasar, Susan Bobb and Robin Giddings will be walking in the graduation ceremonies. Family and friends are welcome to attend. A celebration dinner will be served following commencement.

NWIC/Swinomish hosted a Reception dinner

for students, Swinomish faculty and NWIC Board of Trustee members on May 19th, 2011. NWIC Board of Trustee members are Cheryl Crazy Bull, Jana Finkbonner, Larry Campbell, Jennifer Oriero, Levi Jefferson, Julie Johnson, Krista Kinley, Sandy Finkbonner. We also had two VP's of Northwest Indian College in attendance, Carole Rave and Dave Oreiro. Dinner was catered by Avenue Catering.

WINNER of a Kindle: Andrea Johnston won a raffle of a Kindle just for completing a NWIC survey.

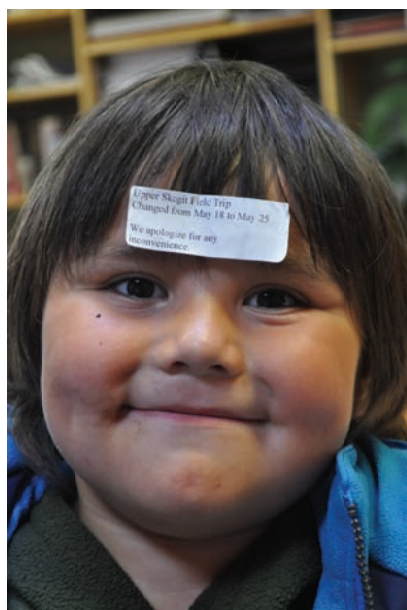
Students needed to complete a NWIC survey and they received a raffle ticket. Andrea was the lucky winner!!



Gaylene Gobert
NWIC @ Swinomish
Site Manager



Virginia Bill
ABE/GED Instructor
466-4380 Ext. 3



Preschool Graduationz:

Childcare Graduation:

Jacob wears a schedule change reminder where his mom, Michelle Cladoosby, will be sure to see it when he gets home from school.

photo by Ann Smock

SOCIAL SERVICES

PUBLIC NOTICE

ANNOUNCING PUBLIC HEARING TO SOLICIT TESTIMONY FOR THE PROPOSED CHILD CARE DEVELOPMENT FUND STATE PLAN:

TAKE NOTICE that on June 6, 2011, the HESS Committee is holding a public hearing to gather testimony on the **Proposed Child Care Development Fund (CCDF) State Plan for Swinomish Tribal Community Years 2011-2013**

The HESS Committee is conducting a public review and comment period from May 5, 2011, to June 6, 2011. The public hearing is a part of the required public review process. The Committee will be available to hear comments regarding the proposed Child Care Development Fund Plan. The hearing will take place as follows:

DATE: June 6, 2011
TIME: 10:00 a.m.

A copy of the proposed Child Care Development Fund Plan may be obtained by contacting Swinomish Child Care Program or Social Services. Copies are also available in the Social Services Building for public inspection and review.

Individuals interested in providing testimony may reserve a time by calling 360-466-7329, at any time before the date of the hearing. Please provide your name, and telephone number. It is requested that remarks be limited to five minutes. Individuals who do not register will be allowed to testify when there are no registered attendees waiting to speak. Written testimony will be accepted at the hearing.

If you are unable to attend the hearing, written comments are welcome and can be submitted no later than June 1, 2011, to:

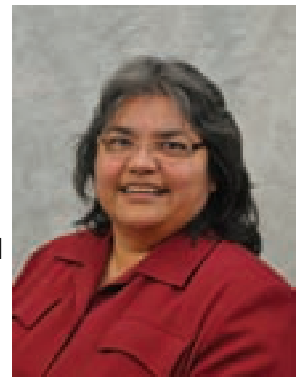
Social Services
HESS Committee
Attn: John Stephens
17337 Reservation Rd
La Conner WA 98257

North Intertribal Vocational Rehabilitation

The North Intertribal Vocational Rehabilitation Program helps people that have a permanent disability. The disability has to be documented as a permanent one. A disability causes barriers to work. Getting a job, or keeping a job, is sometimes hard when a person has a disability. There are many resources and programs that help get rid of the barriers. This makes it easier to get a job or keep a job. The vocational rehabilitation program will help take a closer look at the barriers and work with the disabled person to overcome them. If you need help with getting or keeping your job, due to a disability, please call the social services office and set up an appointment with the front desk. Call Colleen Williams (Teeny) at 360-466-7307 to set up an appointment.

Tammy Cooper-Woodrich is the Vocational Rehabilitation Counselor and her hours are Monday and Tuesday, 10:00-3:00. She is upstairs at the Social Services Building.

We Can Help!!



Tammy Cooper-
Woodrich
466-7307
Mondays & Tuesdays

SWINOMISH WELLNESS

Myths & Facts about Gambling Addiction and Problem Gambling

MYTH: You have to gamble every day to be a problem gambler.

FACT: A problem gambler may gamble frequently or infrequently. Gambling is a problem if it causes problems.

MYTH: Problem gambling is not really a problem if the gambler can afford it.

FACT: Problems caused by excessive gambling are not just financial. Too much time spent on gambling can lead to relationship breakdown and loss of important friendships.

MYTH: Partners of problem gamblers often drive problem gamblers to gamble.

FACT: Problem gamblers often rationalize their behavior. Blaming others is one way to avoid taking responsibility for their actions, including what is needed to overcome the problem.

Many people are living under a false belief they must put something into their body to become an addict and that alcohol and drugs are the only substances that cause addictions. It's not just about the substances, it's about the behaviors. Gambling addiction, also known as compulsive gambling, affects more than 15 million people. Like all addictions, compulsive gambling causes intense distress and continual disruptions in most areas of life. Problem gambling is often associated with increased suicidal ideation and attempts compared to the general population.

Why depression and suicide are more likely factors that contribute to depression and suicide among compulsive gamblers include:

- **Medical:** Compulsive gamblers have higher occurrences of insomnia, irritable bowel syndrome, peptic ulcer, high blood pressure, migraines and other stress related physical problems than those in the general population.
- **Psychiatric:** Compulsive gambling is associated with major depressive disorder, hypomania, bipolar disorder, and panic and anxiety disorders.
- **Addiction:** Fifty percent of compulsive gamblers are also substance abusers.
- **Financial:** Problem gamblers also accumulate debts that often result in foreclosures on mortgages and bankruptcy.

Gambling addiction is a family disease, which increases the chance of abuse in the home. If you or a loved one has questions about problem gambling please stop by the Wellness Program and consult with one of our counselors. Resources are available or call the problem gambling helpline at 1-800-547-6133. (<http://www.evergreencpg.org>)



Dawn Lee
Addiction Counselor



SWINOMISH swədəbš COMMUNITY ART ✍️ SWINOMISH swədəbš



Artist Theodora Jonsson demonstrates block carving to Tiffany Sampson and Lexie Bill.



Courtney Finkbonner carves out her design



Courtney displays her finished print!

Theodora Jonsson (pictured) is a new face and teacher in the art room at the Swinomish Youth Center. She has been encouraging young adults and youth to “participate and design images suitable for block printing with the themes *Journeys, What sustains you? and Protecting Mother Earth.*” She says, “Through this (sponsored) project, the greater tribal communities, La Conner and the Anacortes community will be exposed to an exciting fine art activity in which experienced artists share their visual compositions via linoleum, ink, paper and pressure, creating huge relief prints. The prints will be on display outside and inside buildings for the 2011 Canoe Journey, and exhibited as part of the Native Journey Exhibition at the Historical Museum. Several will get to participate in the steam roller event at the Anacortes Arts Festival where many of the Native and non-Native artist’s prints will also be on display.” Ninth grade La Conner High School student and Swinomish Tribal member, Courtney Finkbonner (pictured), found out about the block printing workshops that have been taking place. She has always done artwork and wanted to learn printmaking as well. In the workshops she has learned how to make graphite transfer prints, using a special pencil, the back side of a spoon and very sharp block printing tools to carve, transfer and cut an image of a Northwest Native American heart shaped frog design into a linoleum block. She says, “I loves frogs. She added, “ The biggest challenge was thinking about what to draw and print.” She already has a new image ready for block printing, and says, “I recommend the workshops to everyone.”



Tiffany making her print

article and photos by Robin Carneen

WORKING FOR A GOOD CAUSE



Tracey Parker and two helpers deliver supplies to Social Services for the Shelter.

Kahneesha, Kalona, Jeanette and Lexie helped Amy Freeto move bags and boxes of donations from her office in Social Services to the new Shelter.



Photos by Ann Smock and Amy Freeto

RECYCLING ON THE DOCKS

Active PME members, Caroline Edwards and Annitra Federer, set up tough recycle bins near the fishing docks in May. As fishermen haul trash off their boats, they now have a place to dump their recyclables.



Please Recycle

It's good for the planet and
its inhabitants





BEING FRANK

Tribes are Reacting to Climate Change

By Billy Frank, Jr.

Chairman, Northwest Indian Fisheries Commission

OLYMPIA, WA (06/01/11) The pictures don't lie. Climate change combined with the continued loss of salmon habitat caused by human development is taking a toll on natural resources. The damage to salmon and the people who have always depended on salmon is significant.

A good example is Anderson Glacier in the Olympic Mountains, which feeds the Quinault River. A 1927 photo of the glacier shows a massive table of ice. Look today and you'll see mostly rocks. The glacier is gone.

In the past, glaciers melted slowly during the summer months and helped contribute cool, clean water to the rivers where salmon begin and end their lives. But today our rivers are getting warmer and our glaciers are disappearing, harming salmon at every stage of their life cycle.

Salmon and Indian people evolved together over centuries, but climate change is happening in the blink of an eye. It's happening too quickly for salmon – and us – to keep up.

What can we do? We can try to save as much habitat as we can.

The Quinault Indian Nation is finding ways to preserve returning spring chinook that depend on melting glacier water during the peak of the summer. They're looking into creating broodstock by rearing wild offspring in a hatchery to increase survival and preserve the run's genetics.

The Quinaults also are conducting a massive upper watershed restoration that will help stabilize river channels threatened by increased sediment left behind by melting glaciers. Salmon eggs are washed away each winter by powerful storms. By planting thousands of trees in 12 miles of barren floodplain, the Quinaults are helping preserve habitat for the spring run.

The Tulalip Tribes are studying ocean acidification, a side effect of climate change. The chemistry of the ocean and Puget Sound is changing because water absorbs carbon dioxide produced by fossil fuels. The Tulalip Tribes are paying careful attention to acidification's impacts on local eel grass beds while protecting the remaining beds.

Our future tribal leaders have zeroed in on this issue, too. A group of students from the Suquamish Tribe recently participated in a national summit on climate change and ocean acidification. Interviewing tribal elders, scientists and others, the students made a powerful presentation at the Smithsonian in Washington, D.C., about the impact of climate change on our communities.

Next summer our coastal tribes, Hoh, Quileute, Makah and Quinault Indian Nation, will join the Office of National Marine Sanctuaries to host a climate change symposium at the Smithsonian's National Museum of the American Indian. "Maintaining Identity in the Face of Climate Change" is the name of the conference, which will include native people from coastal areas around the nation. They will testify to climate change impacts that are already occurring, what they are doing to prepare for the future, and how traditional indigenous knowledge may help those efforts.

I don't know if we can reverse climate change. I hope we can. In the meantime, we need to protect as many salmon and as much habitat as possible while we look for solutions. And we need to do it now.



CONTACT: Tony Meyer or Emmett O'Connell (360) 438-1180 www.nwifc.org
Northwest Indian Fisheries Commission

6730 Martin Way E., Olympia, WA 98516-5540 Phone: (360) 438-118 FAX # 753-8659



Protect Mother Earth Task Force—is a subcommittee of the Canoe Journey Committee and was formed to support the waste reduction efforts and initiate recycling, research composting options and provide educational opportunities for volunteers and other interested parties during the Tribal Canoe Journey 2011.

PME Group Members:
Linda Talman (Volunteer Coordinator), Shelly Vendiola (Facilitator), Caroline Edwards (Communications), Britta Eschete (Communications Support), Annitra Ferderer (Environmental Educator), Theresa Trebon (Logistical Support), Sandra Radin (Outreach Support).

Other members not pictured: Eric Day (Canoe Journey Skipper/Public Works), Medicine Bear (Public Work/Special Projects), Kelly Gemmell-Bruce (Advisor) and Jill Rohrs (Volunteer Coordinator).

***THE NEXT
PROTECT MOTHER
EARTH TASK FORCE
MEETING IS:
JUNE 8, 2011 3:00PM
IN THE PLANNING
DEPT. CONFERENCE
ROOM***



The Paddle to Swinomish Tribal Canoe Journey is one month away, have you thought about how you're going to help out? Why not sign up to be a volunteer for the Protect Mother Earth Task Force, by signing up to be a volunteer you will be helping reduce the garbage that gets filled in landfills and also learn about recycling and composting. The climate is changing, try making a difference and help reduce the garbage that is going to be produced at the Tribal Canoe Journey 2011. WE NEED YOUR SUPPORT TO MAKE THIS HAPPEN! To sign up to become a Protect Mother Earth Task Force Volunteer please visit the volunteers website: Volunteers@PaddleToSwinomish.com (Volunteer Coordinators-Linda Talman, Jill Rohrs)

QUESTIONS?

**For more Protect Mother Earth Task Force information please contact
Annitra Ferderer (360) 466-1236 or Email her at: aferderer@swinomish.nsn.us**



PME would like to recognize the following volunteers for helping teach the community about what needs to be recycled or composted at the recent community dinner. Thank you Earth Stewards!

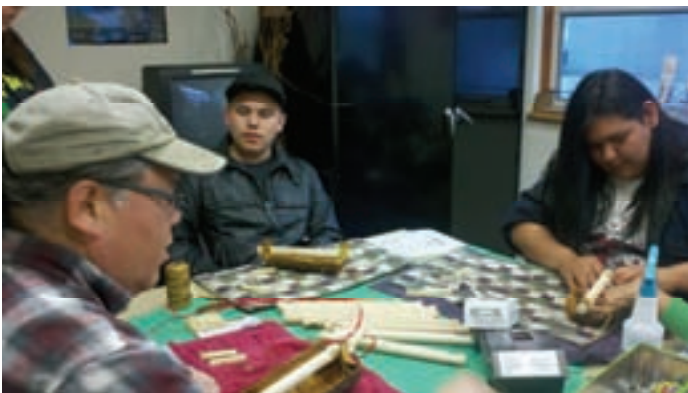
**Protect Mother Earth Task
Force meets every second
WEDNESDAY of the month
around 3:00pm in the
Planning Dept. conference
room to review current
actions and to discuss future
plans. Feel free to join!**

YOUTH CENTER CALENDAR June 2011

un	Mon	Tue	Wed	Thu	Fri	Sat
			1 Middle School Youth Group 5:30	2	3 Fidalgo Pool 6:00-8:00 pm	4
5	6	7	8 Middle School Youth Group 5:30	9 TBA Staulmish days	10 8 th Grade Graduation	11
12	13	14	15 Middle School Youth Group 5:30	16	17 Movie	18
19	20	21	22 Middle School Youth Group 5:30	23 Seattle Sounders Game for Middle School Youth 5:30 pm	24	25
			29 Middle School Youth Group 5:30	30		



(left) Robert Johnny making a canoe bailer



Robert Johnny, Martin Sampson, Ray A. Williams



Martin Sampson, Courtney Finkbonner

Youth Center participants made 'canoe bailers' for the annual Sobriety Dinner center pieces. Robert Johnny commented, "I thought making the canoe bailers was a great experience for me. I really like to learn new things, and I think I caught on how to make these very well. I also think it is really cool to know that this was created by our ancestors a long time ago. We also learned how to make cedar bracelets and we have more projects coming." *Robert Johnny, Sophomore @ La Conner High School, Swinomish Tribal Member.*

photos by Dorraine Booth

Swinomish Domestic Violence Scholarship Program

The Swinomish Indian Tribal Community is receiving applications for the Domestic Violence Scholarship Program. The scholarship is designed to help women get back on their feet after they've experienced violence.

A woman who is a survivor of violence may qualify for scholarship funds to cover tuition, books, supplies, course fees, lab fees, transportation, and childcare expenses that are not otherwise covered by financial aid.

To be eligible, an applicant must:

- ▶ Be pursuing a degree or certificate program
- ▶ Show proof of acceptance into an accredited institution of higher education within the United States. This includes:
 - tribal colleges
 - community colleges
 - four year colleges
 - GED programs
 - vocational colleges
 - technical colleges
- ▶ Show proof of enrollment in a federally-recognized Indian Tribe:
 - Swinomish
 - If non-Swinomish, the applicant must show:
 - (a) applicant was abused by a Swinomish member, or
 - (b) applicant lives on the Swinomish Reservation, or
 - (c) applicant lived on the Swinomish Reservation at the time of abuse
- ▶ Submit an application outlining educational goals and declaring that applicant is a victim of domestic violence, dating violence, sexual assault, or stalking and that the funds are needed to recover from abuse and/or to obtain economic independence from an abuser.

All applications will be reviewed by a confidential Scholarship Review Panel. Applicant identity will be kept strictly confidential and will not be disclosed without the candidate's express written consent.

To get an application packet, please contact Swinomish Behavioral Health or Swinomish Family Services.

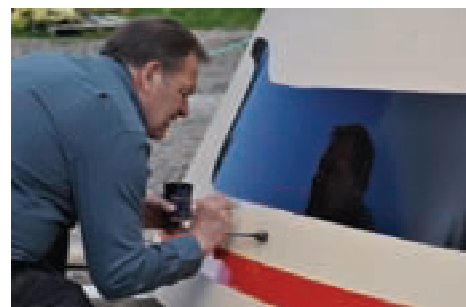


This project was supported by Grant No. 2009-EG-S6-0034 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are

ARTIST'S BANDS INSTALLED ON CEDAR HAT PAVILIONS

The aluminum, hand-painted bands began arriving on June 3rd and were installed on all 3 pavilions by the end of the following day. They were hand-painted by artist and engineer Ray George of the Sign Post in Bellingham. The artwork was designed by Kevin Paul of Swinomish.

Each is signed by the artist and inside the last band are the signatures of the installers and anyone involved who wished to sign with a permanent marker, including Chairman Cladoosby and Kevin Paul. These will not be visible.



Pawn Stars Gold & Silver Road Show

Live at Swinomish Casino

ANACORTES, WA - Tickets are on sale now for
**Pawn Stars Gold & Silver Road Show at Swinomish Casino on Saturday,
 June 18, 2011.**

Show times at 3pm, 6pm, and 9pm. Pawn Stars Gold & Silver Road Show is making an exclusive northwest appearance at Swinomish Casino. Bring your gold, silver, and valuable treasures for a chance to negotiate live on stage with Big Hoss, Chumlee, and The Old Man from History's Pawn Stars. Tickets are \$50 and are available now at the Player's Club, SwinomishCasino.com, or by calling 888-288-8883.

Pawn Stars is currently the number one show on History. For more information about History's Pawn Stars visit <http://history.com/pawnstars>.

Swinomish Casino, located at 12885 Casino Drive in Anacortes, offers over 700 slot machines, table games, poker room, keno, pull tabs, bingo hall, smoke free room, Two Salmon Café, Swinomish Deli, Starlight Lounge, Cave Bar, and Cabaret Showroom. Located minutes west off I-5 exit 230 on Hwy. 20. For more information, please call 360-293-2691 or visit <http://swinomishcasino.com>.

A June 2011 Swinomish Housing & Utility Authority News

To reach
SHA/SUA
contact:
(360)
466-4081

Life Skills
Office:
(360)
466-7354

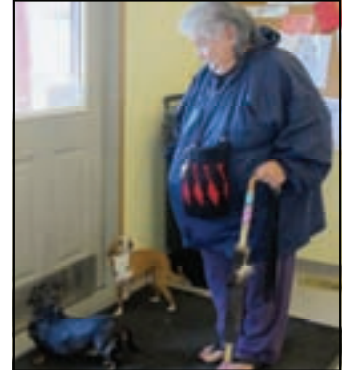


word of appreciation from SHA Director John Petrich:

"The SHA has been recognized for its role in the financing of the construction of the new multi-use residential center in the Tallawhalt sub-division. This recognition is appreciated.

The SHA in turn wants to give recognition to the people who really

made it possible to fund the new building: its renters and homebuyers who pay their monthly rents and keep their units in good condition. The efforts of all of these people allowed the SHA to put money away in savings over several years. Without these savings the Tribe could not have built the center. So hats off to all of the renters and homebuyers who have done their job. Every one of your small contributions over time has resulted in a big improvement...take a bow, you deserve it."



Pictured: Back row: (left to right) SHA director John Petrich; HUD evaluator Kevin Meirose; SHA Board member Ray K. Williams; Front Row (left to right): HUD evaluators Pat Conlen & Pat Boydston; SHA LSC Robin Carneen; and HUD evaluator Laurie Brown.

More news from SHA Director John Petrich:

"Officials from HUD's Northwest Office of Native American Programs (Grants Evaluation Division) conducted a thorough review of SHA operations during the week of March 21st. The review, which is mandated by federal law, audited SHA's performance and compliance with federal laws and regulations in the areas of: Financial and Fiscal Management Systems; Maintenance and Inspections; Environmental Compliance; Occupancy; Procurement; and, use of federal ARRA (stimulus) funds. The review was helpful to both SHA and HUD staff. The final report on the review will be published in June or July."

Conserve water!

The weather is warming up, and it's tempting to start washing your cars, watering your gardens, etc.

However, there are ways to save on your water and sewer bill. There are also times when you may be able to work off your water and sewer bill.

Report any leaks in or around your home by calling the main SHA office as soon as possible: (360) 466-4081.

If you have questions or concerns about your usage, please contact Sherry Stewart at the Swinomish Utility Authority office at: (360) 466-7223.



Save Money on your Garbage!

Tired of being charged for extra garbage bags? It pays off to add recycling to your garbage service! Call Waste Management at 757-8245 and ask to be added as a curbside recycling customer for the rate of \$7.40 per month.

NEW INDIAN SHAKER 1910 CHURCH NOW OPEN

photos by Brian Cladoosby



SHAKER CHURCH DEDICATION AND GRAND OPENING

The church officially opened with a Dedication Ceremony on May 7th led by Bishop Leon Strom of Yakima, Swinomish Chairman Brian Cladoosby and Minister Joe McCoy. The ribbon cutting was followed by a luncheon, and later an evening church service. "My heart is grateful and full of appreciation and awe that Brian and the other senators coordinated the establishment of this new church on our reservation. It makes me happy and will serve the community in the coming years. Thank you!"

~ Swinomish Indian Shaker Church of 1910
Minister Joe McCoy

The old...



And the new!



photos by Ann Smock

June Calendar

Sunday





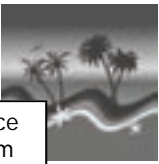
Monday

Tuesday

Wednesday

Thursday

Friday

			1	2	3	4
5	6	7 Senate Meeting at 9:00am	8	9 La Conner High School Graduation 	10 Middle School Promotion 	11
	Canoe Journey Song/Dance Practice Mon. Tues. Weds. 6:30pm in the Gym					
12	13	14 Flag Day (US) 	15 Last Day of School (Early Dismissal at 11:45am) Community Dinner at 6:00pm in the Gym	16	17	18
	Canoe Journey Song/Dance Practice Mon. Tues. Weds. 6:30pm in the Gym					
19 Father's Day 	20	21	22 Summer Begins! 	23	24	25
	Canoe Journey Song/Dance Practice Mon. Tues. Weds. 6:30pm in the Gym					
26	27	28	29	30		
	Canoe Journey Song/Dance Practice Mon. Tues. Weds. 6:30pm in the Gym					

The Importance of Fathers By Jennifer Clarke

From the Kee Yoks in 1989 (Edited by Nancy Wilbur at that time)

We've all heard about the importance of the mother-child bond. Usually, mothers have been thought to be the more important parent, the one who provides most "naturally" for the young child's needs and has the greatest influence on the child.

Of course, mothers are important, but so are fathers! Recently, both professionals and society in general have been giving more recognition to the great value of the child's relationship to the father. At a recent conference put on by the Association of American Indian Physicians, Sr. Alan Gurwitt emphasized the importance of fathers, grandfathers, and other male family members to the Indian child.

"There is overwhelming evidence that masculine development in boys is facilitated when Father is both masculine and nurturing." (Psychiatric News, Oct. 1983). Young boys respond to a caring, nurturing attitude from their fathers, and are likely to imitate fathers who treat them with warmth, kindness and love. When a father is both assertive and competent in dealing with the world and open, loving and "nurturant," his sons grow up to have a secure masculine self image.

Recent research has surprised some people by showing that fathers can be just as good at raising children as mothers. Children do need a stable and loving person to "bond" with, but it does not seem to matter whether this is a mother or father, grandparent, etc. The important thing is that some main person spends a lot of time relating to the baby and young child. Other relatives can also play an important role, so long as the child has a stable "main" parent.

Other interesting facts about fathers include:

Boys learn how to be fathers from their own fathers, grandparents and other male relatives.

Expectant fathers go through major psychological and emotional changes during and after the mother's pregnancy. A man's self image grows to include a new role: fatherhood. This can be just as stressful a time for men as for women, and it is important that society and the medical system not make fathers feel unimportant.

Fathers who participate in child birth preparation classes and who are present during labor and the birth of the child, often feel very close to the mother and to the new baby.

Fathers add special things to the child's experience. They tend to interact with their children in faster, more exciting ways, whereas, mothers tend to be soothing and more even acting. Both kinds of interaction are important. Soothing, gentle interaction helps a child build trust and a sense of consistency; excitement and change helps a child feel more competent in dealing with a wider range of situations.

Boys who have a close relationship with their fathers tend to do better in school, especially in math. This may be because fathers help boys develop more self confidence.

Fathers have a major effect on self-esteem for girls. Girls who have close relationships with their fathers tend to like themselves better than those who do not.

So, if you may be asking, what effect does it have when the father is absent? The answer depends on the age of the child, the type of absence (constant, occasional, "psychological absence," etc.), the length, the cause and the effect on the whole family. The father's absence can cause problems for a child, but a lot can be done by grandfathers and other "father figures" to give the child the masculine role models that they need.



Happy Father's Day!



Northwest Justice Project

FREE LEGAL ADVICE CLINIC FOR LOW INCOME SWINOMISH COMMUNITY MEMBERS

**Do you need advice or assistance with a civil legal problem (not criminal) AND
is your income lower than 200% of federal poverty guidelines?**

For a household of 2 that would be less than \$2428 per month

For a household of 4 that would be less than \$3675 per month.

If so, take advantage of the free legal clinic on:

Thursday, June 16, 2011

10 a.m. to 3 p.m.

Swinomish Social Services Building, Room 206A

(No appointment necessary)

An attorney from the Northwest Justice Project will be coming to Swinomish to provide free legal consultations to eligible tribal members on civil legal matters (not criminal).

Civil legal aid issues may include (among other things):

- ✓ Family Law – custody, dissolutions, child support
 - ✓ Housing – evictions, foreclosures
- ✓ Consumer – payday loans, collections, repossessions
 - ✓ Education – suspensions, expulsions
 - ✓ Employment – terminations
 - ✓ Health Care and Welfare Benefits

PLEASE MAKE SURE TO BRING ALL THE PAPERWORK RELATED TO YOUR LEGAL PROBLEM.

If you have any questions or would like more information please call

Jean Seeley at 1-888-201-1012, ext. 631.





Seattle University School of Law Center for Indian Law & Policy

1 You Need a Will If...

You are over 18.

You have, or may acquire, trust land, non-trust land, or personal property.

You have children or step-children under 18.

You want to leave property to someone who is **not** in your immediate, blood family.

You want to leave income from an interest to a non-Indian spouse.

You want to stop further fractionation of your land.

Have you written your will?

If you die without a Will, it is called dying "intestate" which allows the Government to determine:

Who receives your property;

What amount they will receive; and

Whether your trust property may be subject to a forced sale at probate.

Confidential Free Estate Planning and Will Drafting Service Provided for Swinomish Tribal Members Summer 2011

If you are interested in drafting a new will OR changing an existing will to comply with Tribal, State, and Federal Law, please contact **Dan Watts** at danielwatts9

NATIVE BUSINESS

Three Must-Know Tests

Whether you are a front line worker, CFO, or aspiring to become an executive you need to know this... a business is judged through three tests to measure current, medium, and long-term health of a company.

Test 1, Cash Flow (current term): The snapshot of cash flow is sometimes called a debt service coverage ratio where earnings before interest, depreciation, and amortization (EBIDA) are divided by the principal and interest payments of debt and all re-occurring fixed costs like company vehicle payments, rent, and equipment leases. Banks generally look for a debt service coverage ratio of 1.2x or better and traditionally consider only historical cash flow to test debt service coverage ratio.

Test 2, Liquidity (medium term): Liquidity measures a company's ability to pay its bills over the course of the twelve months or so using a current ratio. The current ratio divides current assets by current liabilities. Both these quantities are found on a company's balance sheet. Current assets are things like accounts receivable a company owns that can be turned into cash within a twelve month period. Current liabilities are debt and accounts payable due within one year. Banks generally look for a ratio of 1.2x to 1.5 or better.

Test 3, Leverage (long term): A debt to equity ratio assesses a company's ability to make payments to creditors over a period of time greater than twelve months. A debt to equity ratio is configured by dividing total debt by total tangible equity in a business. Both debt and equity are found on a company's balance sheet. Assets that are not tangible are difficult to turn into cash -like goodwill and intellectual property. Leverage ratios vary largely depending on an industry's capital requirements. A manufacturing company uses machinery, an asset that typically requires material capital to purchase and maintain, to make profit which is different than an accounting firm which requires personal labor to make profit. These two types of business may not have the same target debt to equity ratio but to give you an idea of what a bank looks for, a bank typically likes to see a company with a debt to equity ratio of 3:1 or better. If a company has a debt to equity ratio too high compared to its peer group (10:1) it may mean that an interruption in their business may cause them to miss paying bills on time.

In my experience, the most successful organizations report timely and consistent financials and there exists a company culture where it is understood how financials benefit everybody from front line workers to executive leadership. Front line workers are clear on the productivity of their effort and management is able to make good decisions to overcome challenges or take advantage of opportunities in the market.



Jim Stanley

Jim Stanley is a tribal member of the Quinault Nation, Vice president of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a professional banker and freely shares his knowledge and resources with you, his cousin, for your economic benefit. Jim can be reached at: sovereigndevelopment@hotmail.com.



Swinomish Water Resources Program

What has the Water Resources Team been up to?

.....Storm drain marking! Wait-What is that?

Do you know how are beaches and rivers get polluted? Have you ever noticed the steel drains beside the side walk?



Water pollution can come from a lot of different places, but the number one reason that our creeks, rivers, lakes and beaches get dirty is from the water and other pollutants that flow into

What is storm water pollution?

Storm water is the water that runs down the street when its raining. Storm water enters holes in the gutters called storm drains. After storm water enters the drain it gets sent to the nearest creek, river, lake or ocean so our streets don't flood. That means that any pollutants get carried into the water bodies surrounding the Reservation. Can you think of possible pollutants?

YUCK! Can you imagine swimming around in all that gross stuff that is on the streets? Soaps, trash, pet waste, pesticides and fertilizers, dirt and oil are just some of the pollutants that make our water unhealthy for people and animals.



Storm drain marking is one way of reducing the amount of pollutants going down the drain. While it won't solve all of our pollution problems alone, the highly visible marker is a practical and easy first step toward public education and active involvement in storm water pollution prevention. The Water Resources Program recently marked many of the drains in the village and Tallawalt. These markers were donated by Skagit County Conservation District. We still have markers left— so if you recognize a storm drain without a marker or have questions -

please call us!
466-1236





Swinomish Water Resources Program

TIDE TABLE: June '11 - Lone Tree, Snee-Oosh, N. Skagit Bay (ft MLLW)

Date	High Time/Height	Low Time/Height	High Time/Height	Low Time/Height	High Time/Height	Moon	Sunrise	Sunset
Wed 01		00:09 6.65 ft	04:42 9.89 ft	11:56 -1.68 ft	19:31 10.90 ft	New Moon	5:13	21:03
Thu 02		00:49 6.73 ft	05:18 9.82 ft	12:33 -2.02 ft	20:04 11.14 ft		5:12	21:04
Fri 03		01:30 6.70 ft	05:56 9.71 ft	13:13 -2.18 ft	20:39 11.31 ft		5:12	21:05
Sat 04		02:12 6.54 ft	06:38 9.53 ft	13:54 -2.13 ft	21:16 11.43 ft		5:11	21:05
Sun 05		02:59 6.24 ft	07:26 9.23 ft	14:37 -1.80 ft	21:54 11.52 ft		5:11	21:06
Mon 06		03:50 5.75 ft	08:22 8.79 ft	15:23 -1.13 ft	22:33 11.57 ft		5:10	21:07
Tue 07		04:46 5.05 ft	09:27 8.25 ft	16:10 -0.13 ft	23:13 11.60 ft		5:10	21:08
Wed 08		05:46 4.10 ft	10:44 7.75 ft	17:01 1.15 ft	23:54 11.61 ft	First Quarter	5:09	21:09
Thu 09		06:46 2.90 ft	12:12 7.52 ft	17:59 2.60 ft			5:09	21:09
Fri 10	00:37 11.60 ft	07:43 1.56 ft	13:46 7.80 ft	19:05 4.01 ft			5:09	21:10
Sat 11	01:20 11.57 ft	08:37 0.19 ft	15:20 8.58 ft	20:17 5.17 ft			5:08	21:11
Sun 12	02:04 11.51 ft	09:26 -1.05 ft	16:38 9.58 ft	21:30 5.95 ft			5:08	21:11
Mon 13	02:50 11.40 ft	10:13 -2.02 ft	17:40 10.50 ft	22:38 6.36 ft			5:08	21:12
Tue 14	03:36 11.23 ft	10:58 -2.65 ft	18:32 11.16 ft	23:39 6.49 ft			5:08	21:12
Wed 15	04:24 10.98 ft	11:43 -2.92 ft	19:17 11.54 ft			Full Moon	5:08	21:13
Thu 16		00:34 6.42 ft	05:12 10.63 ft	12:26 -2.86 ft	19:58 11.71 ft		5:08	21:13
Fri 17		01:27 6.21 ft	06:01 10.17 ft	13:10 -2.49 ft	20:37 11.72 ft		5:08	21:14
Sat 18		02:18 5.89 ft	06:51 9.62 ft	13:53 -1.87 ft	21:14 11.64 ft		5:08	21:14
Sun 19		03:10 5.48 ft	07:44 8.99 ft	14:35 -1.03 ft	21:48 11.51 ft		5:08	21:14
Mon 20		04:02 4.98 ft	08:40 8.32 ft	15:17 0.02 ft	22:23 11.35 ft		5:08	21:14
Tue 21		04:55 4.39 ft	09:42 7.67 ft	16:00 1.24 ft	22:57 11.16 ft		5:08	21:15
Wed 22		05:49 3.72 ft	10:53 7.16 ft	16:44 2.57 ft	23:33 10.93 ft		5:09	21:15
Thu 23		06:42 2.98 ft	12:17 6.94 ft	17:34 3.92 ft		Last Quarter	5:09	21:15
Fri 24	00:10 10.66 ft	07:32 2.19 ft	13:57 7.20 ft	18:34 5.18 ft			5:09	21:15
Sat 25	00:48 10.40 ft	08:18 1.38 ft	15:37 7.93 ft	19:50 6.16 ft			5:09	21:15
Sun 26	01:28 10.16 ft	08:59 0.60 ft	16:47 8.82 ft	21:09 6.75 ft			5:10	21:15
Mon 27	02:09 9.98 ft	09:38 -0.14 ft	17:36 9.60 ft	22:17 7.02 ft			5:10	21:15
Tue 28	02:51 9.89 ft	10:16 -0.82 ft	18:14 10.21 ft	23:09 7.09 ft			5:11	21:15
Wed 29	03:32 9.88 ft	10:54 -1.43 ft	18:46 10.64 ft	23:51 7.02 ft			5:11	21:15
Thu 30	04:13 9.92 ft	11:33 -1.92 ft	19:15 10.97 ft				5:12	21:15
Tue 31	04:08 9.96 ft	11:22 -1.20 ft	18:58 10.57 ft				5:14	21:02



CLAM PSP UPDATE Lone Tree Point:

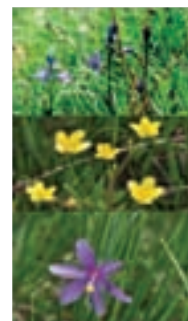
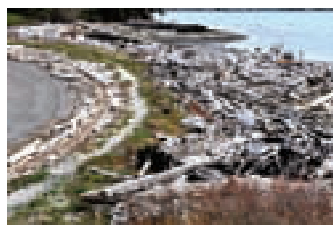
Butter Clams sampled by Swinomish Water Resources Department and analyzed By WA Dept of Health for Paralytic Shellfish Poisoning (PSP) on 4/18/2011 were found to be

SAFE TO EAT!

Swinomish Tribal Members may conduct Subsistence Harvesting on the Reservation when the Swinomish Fisheries Dept indicates beach as OPEN, and the Dept has issued the digger a valid Ceremonial and Subsistence Shellfish Harvesting Permit.

FREE Guided Tours for Tribal Members on Kiket Island

The first Wednesday of every month! Approximately 2 hours-come and learn about the history of this special place to our Swinomish ancestors.



Info: 466-7201

CELEBRATIONS



TEYLOR WILBUR

Teylor Wilbur, enrolled Swinomish Tribal member, daughter of the late Douglas Wilbur, grand-daughter of the late Tandy Wilbur, Jr., and great-grand-daughter of the late Laura & Tandy Wilbur, Sr., will be graduating this year from Mount Vernon High School's Class of 2011.

Teylor was honored during a Mount Vernon High School Awards ceremony for being on the Honor Society and on the torch list for maintaining a 3.9 grade point average (all 4 years). She was captain of her cross country team and competed in the State Championship meet two years in a row.

She is also the recipient of the Skagit Runners Scholarship, the Riley Johnson Cross Country Scholarship, the Kiwanis Club of Mt. Vernon Scholarship, and two Rotary Club scholarships.

Teylor plans to attend the University of Redlands in California this coming fall. Congratulations Teylor!!

KATHERINE ANN PAUL



Katherine Anne Paul graduated from Lewis and Clark College in Portland, Oregon on May 8th, 2011. It was a special Mother's Day for her mom Patricia Paul, a La Conner attorney, and a proud day for her dad Kevin Paul, Swinomish master carver and senator.

Brother Joe Zuend and his wife Kia (of Seattle) joined Katherine, her parents, young brother Michael (all of Swinomish), and adopted grandmother Jean Wedin (of La Conner) for graduation ceremonies and a celebratory lunch afterward.

Congratulations Katherine!!



ALI PEACHER, VOLUNTEER

I, Ali Peacher, have been volunteering at the Susan Wilbur Early Education Center. For those of you that don't now me, I'm the youngest daughter of Wilma Peters, and the grand-daughter of late Betsy Daqwest/Sampson. I had an interview for the volunteer job last month in April. Mrs. Mortenson is still a pre-school teacher to this day. I use to be in her pre-school class room; now I'm her co-worker. I would like to thank two people. Mr. Smith for this great experience as a teacher, and Trish at the Community Action building in Mt. Vernon for helping me get my foot in the door.

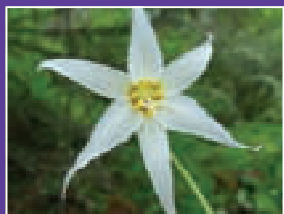
This has been a great road toward teaching kids. So, once again, thanks to the ones that made this happen for me. I'm enjoying every moment working with the staff.

Sincerely, *Ali Peacher*

Happy 12th Birthday
David!
Love Mom, Jacob and
Grandma Trudy.



**Happy Birthday
Summer!
Love CJ**



**HAPPY 20TH
BIRTHDAY
HAZEL JOHNNY
FROM GRAMMA AND
FAMILY!**



**HAPPY 40TH
BIRTHDAY
SHEILA
BAILEY
FROM
MOM AND
FAMILY**



**HAPPY BIRTHDAY
SONYA, OUR MOM
AND GRANDMA!
Love Mom, Kids**



**and
Grand
kids!**



Happy "SWEET 16" Alyssa McCormick



Love Mom, Grandma, Brother & Sister

**HAPPY FATHER'S
DAY
TO ALL DADS**

**HAPPY BELATED
MAY BIRTHDAY
TO KOBE BAILEY
FROM GRAMMA, DAD
AND YOUR FAMILY**



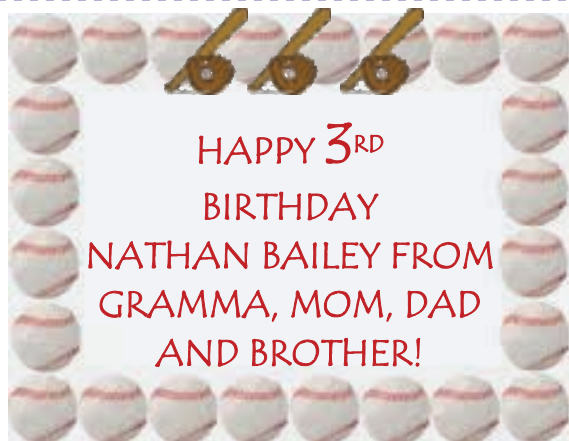
**Happy 12th Birthday
Lashay Washington!**

From all the family.

**May your birthday
be a happy one with
lots of love,
Grandma
& Grandpa**



**HAPPY 3RD
BIRTHDAY
NATHAN BAILEY FROM
GRAMMA, MOM, DAD
AND BROTHER!**



**HAPPY 36TH
BIRTHDAY
WILLIAM BAILEY
FROM
MOM AND FAMILY!**





HAPPY BIRTHDAY TO ALL THOSE BORN IN JUNE!



Illustration: © J. A. Smith

6/1 Paul Hillaire Villaluz
 6/1 Claude Anthony Wilbur, Sr.
 6/1 Ernest Charles Jamison, Sr.
 6/1 Lana Jean James
 6/2 Sonya Mae Joe
 6/6 Roberta Wilbur
 6/6 Philip Andrew Burke
 6/6 Kaitlyn Ann Cultee
 6/7 Hazel Johnny
 6/7 Randy Peter Fornsbys
 6/7 Cassandra Tai Gonzalez
 6/7 Ricky James Fornsbys
 6/7 Beverly Peters
 6/8 Cody Scott Cayou
 6/8 Francis Darren Sylvester
 6/8 Shirey Sunshine Shongutsie
 6/8 Nathaniel Angelo Perry
 6/8 David Joseph Jack III
 6/9 Kimmy Shauneen Siddle
 6/10 Gary Lee Day, Jr.
 6/10 Laural Ann Ballew
 6/10 Lisa marie Wilbur
 6/10 Nicole Elsie Day
 6/11 Enedina Brenda Sliva
 6/11 Sharon Mary Berntsen
 6/11 Audrey Mae Edwards
 6/11 Douglas Dale Dan

6/12 James Barron
 6/13 Jai-Lee Francine Wray-Ann
 Mabel James
 6/13 Asiah Jean Marie Gonzalez
 6/13 Sheila Marie Bailey
 6/15 Bridget Ann LaPointe
 6/15 Carol Louise Washington
 6/16 Aiyana Marie Guzman
 6/16 Brian Nathan Solomon
 6/16 Evan Leon Michael Billy
 6/16 Katherine Anne Paul
 6/16 Winona June Jamison
 6/16 Joan Caroline Wilbur
 6/17 Kateri Nicole Joe
 6/17 Michael Eugene Porter
 6/17 John Kennedy LaPointe
 6/17 Loren Michael Edwards
 6/18 Vincent Charles Wilbur
 6/18 Cheryl Ann Peters
 6/18 Charlene Bobbie John
 6/18 John Owen Cayou
 6/19 Martin Ray Sampson
 6/20 Georgia Ann Beitzel
 6/21 Valerie Jean Deandrea
 6/21 Darlene Summer Jean
 Charles
 6/22 Alfonso Francis Billy, Jr.

6/22 Alyxandra Elizabeth Billy
 6/22 Yuanissa Ann Chastity Cayou
 6/22 Gregory John Yakanak
 6/22 Howard Harper
 6/22 Landon Joshua Ruzicka
 6/23 Casimir Marvin Wilbur, Jr.
 6/24 Sah-Ja-halth Lea Finkbonner
 6/25 Karen Denise Joe
 6/25 Logan James
 6/25 Nathan Henry Bailey
 6/25 Cecilia Betty LaPointe-Gorman
 6/25 Lashay Washington
 6/26 Alyssa Nicole McCormick
 6/26 Tammy Louise Bill
 6/26 Donovan Michael Ronald George
 6/27 Mary Ellen Cayou
 6/27 Duron Tanner Eagleheart-Clark
 6/27 Marquis Anthony Bullplume
 (LaPointe)
 6/28 Rodney Vernal John, Jr.
 6/29 Augustus Wayne Siddle
 6/29 Vernitta Dee Lewis
 6/29 Joreen Barbra Jean McDonald
 6/29 Warren Bill
 6/29 David Anthony Cruz
 6/29 Lisa Marie Nutter

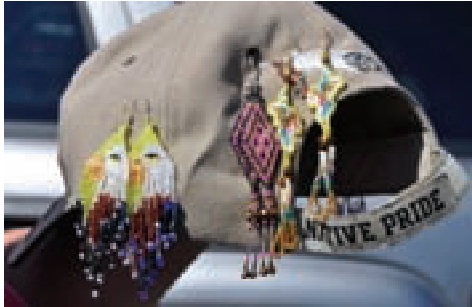
June birth stone:
PEARL



June flower:
ROSE



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re-submit
by June
15th for
July issue



NAMAPAHH

First People's Radio is
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Robin Carneen,
an enrolled member of the
Swinomish Indian Tribal Com-
munity, in La Conner,
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American news, views & mu-
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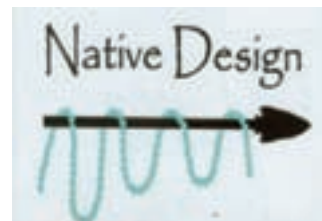
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